

FAMILY SUPPORT GROUP

IN ADDITION TO THE FAMILY EDUCATION SESSION, WE WILL BE OFFEREING A FAMILY SUPPORT GROUP FOR 10 CONSECUTIVE WEEKS THIS FALL. YOU MUST ATTEND AN INFORMATION SESSION (CALL TAMMY TO ARRANGE) PRIOR TO ATTENDING THE GROUP).

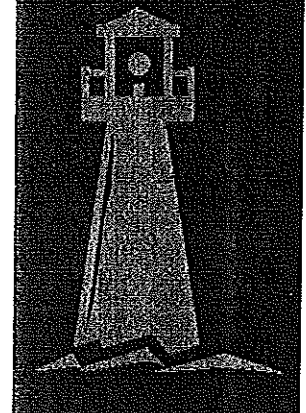
GROUP SESSIONS WILL BE HELD AT THE WATERFORD HOSPITAL LIONS CLUB ON THURSDAY EVENINGS FROM 6:00-8:00 PM.

SCHEDULE OF SESSIONS

- Thursday September 22, Introduction
- Thursday, September 29 Mental Health Issues
- Thursday October 6 Substance Use Issues
- Thursday October 13 Family Life
- Thursday October 20 Self Care
- Thursday October 27 Stigma and Treatment
- Thursday, November 3 Medications
- Thursday November 10 Relapse Prevention
- Thursday November 17 Crisis and Emergencies
- Thursday, November 24 Recovery



**Eastern
Health**



WHAT IS THE GROUP ABOUT?

This group is for people who are supporting a loved one with a concurrent disorder (coexisting substance use problem and psychiatric illness). The overall goal is to help you learn about concurrent disorders, to help you feel supported in developing skills to deal with the impact of the concurrent disorders on family life, and your increase your well being. The group will provide a balance on the listed topics as well as opportunity for family members to support each other.

The group will:

- Provide you with information about substance use and psychiatric illnesses.
- Provide you with information on the impact of concurrent disorders on family life.
- Provide you with opportunity to share with and receive support from other family members.
- Help you learn about things that will help you in supporting your loved one such as the role that families play in recovery.
- Provide you with strategies around self care and help you to develop a self care plan.

WHERE AND WHEN?

The group will be held on Thursday evenings from 6:00-8:00 pm at the Waterford Hospital Lion's Club.

Please call with any questions. Please let us know if you are unable to attend group.

CONTACT INFORMATION

TAMMY MANNING

777-3603

CONCURRENT DISORDER SERVICES
EASTERN HEALTH
WATERFORD HOSPITAL SITE

